

ABSTRACT OF THE DISCLOSURE

Opaque films adhering electrostatically to lenses of eyewear, are used to train baseball fielders and golfers. For baseball, films placed on the lower parts of the lenses encourage the player to follow a ball visually throughout its entire path of travel toward the player's glove. For golf an opaque film covers one lens, and an opaque film having a lenticular transparent opening in its upper part is placed on the other lens. The films encourage the golfer to keep the head down and behind the ball during the downswing.